

ARE YOU READY?

My Plan:

Access and Functional Needs Preparedness



My Information:

Name _____

Address _____

Address _____

Day Phone _____ Evening Phone _____

Cell Phone _____

Email _____



www.MontgomeryCountyMD.gov/OEMHS



Introduction

Emergencies such as fires, floods, and acts of terrorism present a real challenge for all Americans. For the millions of Americans who have physical, medical, sensory or cognitive disabilities, these emergencies can present additional challenges that may not be easily recognized by those who serve in public safety roles. **According to the 2012 US Census, there are approximately 75,848 persons living in Montgomery County, Maryland with a disability.** This figure does not include people living in nursing homes and individuals with other temporary access and functional needs.

Everyone must plan ahead and stay informed in order to protect themselves and their families when disaster strikes. This Montgomery County, MD workbook is designed to help individuals with access and functional needs start planning and preparing for emergencies, but planning should not be done alone. We encourage family, friends, personal attendants, and other members of their support network to be involved in the planning discussion and to help assemble an emergency kit. Post the plan where everyone will see it, keep a copy with you and make sure everyone involved in your plan has a copy.



Get Ready in 6 Steps



This document was prepared under a grant from FEMA's Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security.

1

Stay informed



Community Hazards: It is important to know what hazards may threaten your community and about the risks from those hazards. **Learn which specific hazards may impact Montgomery County.**

There are different warning systems which can alert you to emergency notices and give you instructions of what to do during various hazards:



Sign up to receive alerts at
Alert.MontgomeryCountyMD.gov



Twitter pages
[@MontgomeryCoMD](https://twitter.com/MontgomeryCoMD)
[@readymontgomery](https://twitter.com/readymontgomery)



OEMHS
Facebook page



TV

WRC/Channel 4

WTTG/Channel 5

WJLA/Channel 7

NewsChannel 8

WUSA/Channel 9

County Cable Montgomery

Rockville 11

Takoma Park City TV

MCPS-TV



Radio

WTOP-FM 103.5

WNEW-FM 99.1

WAMU-FM 88.5

WMAL-AM 630 / FM 105.9



Spanish Language Radio Stations

WACA-AM 1540

WLXE-AM 1600

311

311 is Montgomery County's phone number for non-emergency government information and services.



Relay Calls 240-777-0311

TTY 301-251-4850



Maryland Relay 711

Learn about **NOAA Weather Radio** and its alerting capabilities for **deaf and/or hard of hearing populations**. Many models come with strobe attachments and limited text screen displays.



Important Phone Numbers and Resources

Police - 911 (emergency) and 301-279-8000 (non-emergency) are both equipped with TTY/TDD interface.

Fire - 911 (emergency)


Ambulance - 911 (emergency)

Report Crime Tips - 800-492-TIPS (8477). TTY users should use Maryland Relay below.

Maryland Relay - 711

Poison Control - 800-222-1222

Montgomery County Non-Emergency Government Information and Services - 311

TTY - 301-251-4850 

Utilities

PEPCO

202-833-7500

202-872-2369 (TTY-TDD Hearing Impaired)

Servicio en Espanol: 202-872-4641

BG&E

800-685-0123

800-735-2258 (TTY-TDD Hearing Impaired)

First Energy

888-544-4877

TDD service is also available

WSSC

301-206-4002

301-206-8345 (TTY-TDD Hearing Impaired)

Washington Gas

703-750-1400

800-735-2258 (TTY-TDD Hearing Impaired)



Disaster Readiness Tips for People with:



Mobility Disabilities



Sensory Disabilities



Intellectual and Developmental Disabilities



Pets or Service Animals

2

Identify your support network

Going through an emergency alone is difficult. Ask at least two people to be your emergency support network—family members, friends, neighbors, caregivers, coworkers, or community/faith based group members. Ask your emergency support network to:

Stay in contact
with you
during an
emergency



Keep a
spare set
of your
keys



Know where
to find
your
emergency
supply kit



Know how to
operate any
special
medical or
mobility equipment
you may have



Help you
evacuate
or shelter-in-
place during an
emergency



Support Network

Name _____ Relationship _____

Phone (Main) _____ Phone (Alternative) _____

Address _____

Email _____

Name _____ Relationship _____

Phone (Main) _____ Phone (Alternative) _____

Address _____

Email _____

Meeting Place

Know where you will meet family, friends, or caregivers after an emergency. Pick two places to meet: one right near your home and another outside your neighborhood, such as a library, community center, or place of worship.

Close to home: _____ Outside of neighborhood: _____

Address: _____ Address: _____

3

Develop a Plan

Have a plan that you and your support network can keep in an easily accessible location. Include in your plan the following important health and life-saving information:

Allergies _____

Special medical conditions _____

Medications and daily doses _____

Eyeglass prescription _____ Blood type _____

Communication/Medical devices/equipment



Type of device _____

Style _____ Serial # _____

Repair Phone # _____

Prescribing Doctor _____

Instructions _____

Type of device _____

Style _____ Serial # _____

Repair Phone # _____

Prescribing Doctor _____

Instructions _____

Doctors/Specialists



Primary Doctor Name _____ Specialist Name _____

Primary Doctor Phone _____ Specialist Phone _____

3

Develop a Plan (continued)

Hospital and Pharmacy +

Preferred Hospital _____ Pharmacy _____

Hospital Phone _____ Pharmacy Phone _____

Insurance



Insurance Provider _____ Individual # _____

Insurance Phone _____ Group # _____

Service Animals and Pets



Name of Service Animal _____ Type of Service Animal _____

Name of Pet _____ Type of Pet _____

Veterinarian Name _____ Veterinarian Phone _____

Write in other important health information below

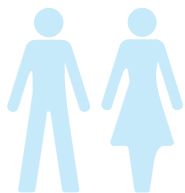
3 Develop a Plan (continued)

Learn about Montgomery County's response plans, evacuation plans (including the identification of accessible forms of transportation) and designated accessible shelters by calling 311 (TTY: 301-251-4850) during an emergency.

Transportation. In some cases, you may need to evacuate during an emergency. Both public and private transportation may be disrupted during an emergency. Depending on the emergency, there may be blocked streets and sidewalks, the transit system may be overcrowded and difficult to access, or the transit system may not run at all. You should have contingency plans in place before an emergency, in case your regular mode of transportation is disrupted. **This comprehensive guide** to transportation includes information for people with disabilities and older adults. In case of an emergency, make a list of the best alternative transportation options for you.

Evacuation. Evacuate immediately if your life is in danger, you smell gas, or see smoke or fire. Call 911 if you are stranded and need emergency assistance to evacuate your home. If you need evacuation assistance beyond the transportation options below and it is not a 911 emergency, sign up in advance for these **transportation alternatives**.

Transportation Options:



1) Family/Friend _____
Phone _____



2) Accessible
Vehicle Service _____
Phone _____



3) Taxi Service _____
Phone _____

Consider obtaining a “File of Life” magnet. The completed information above and emergency contact information (page 5) will save emergency medical personnel time and allow them to quickly access important information. Contact the **County's Aging and Disability Resource Unit** for a free File of Life magnet or call 311 (TTY: 301-251-4850) for more information.



3

Develop a Plan (continued)

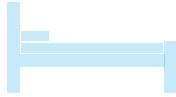
For people who have to evacuate and have no other places to stay, county emergency shelters may be set up. Shelters will generally provide:



Basic meals and water



First aid and non-emergency health services



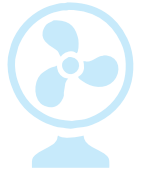
Cots for sleeping and sitting



In-shelter security



Running water for personal hygiene



Warming or cooling centers

Functional Support Services will be provided that enable individuals with access and functional needs to maintain their independence in general population shelters. This will include the use and provision of durable medical equipment, consumable medical supplies, personal support services and the use of service animals.

Practice Communicating your Plan

Take time now to plan how you will talk to friends or emergency workers in an emergency. During an emergency, your normal way of communicating may be affected by changes in environment, noise, or confusion. Internet or cell phone service may be disrupted. Know how and what you will need to communicate during an emergency.

Be prepared to explain to others how best to assist you. Prepare wallet size “Emergency Cards” that describe your needs in short, meaningful phrases. Be sure to include a photo ID of yourself. Prewritten cards or text messages can help you share information during a stressful or uncomfortable situation. Phrases/information can include:

- *“I may have difficulty understanding what you are telling me”*
- *“Please speak slowly and use simple language”*
- *“I use a device to communicate”*
- *“I am Deaf and use American Sign Language”*
- *“Please write down directions”*
- *“I speak [insert language]”*

Practice Communicating your Plan (continued)

Add your own phrases on the lines below:



Your cards should apply to emergencies in and outside your home. Be sure to keep them with you at all times. If you have difficulty creating cards, ask family, friends, or caregivers to help.

4 Make a To Go Kit

Assemble a **To Go Kit** if you need to evacuate your home for a shelter. Your To Go Kit should be sturdy and easy to carry, like a backpack or a small suitcase on wheels. This kit should be kept near an exit door if you need to evacuate quickly. Some of these supplies will also be part of your Shelter-in-Place Emergency Kit (Page 11).

- | | |
|---|--|
| <input type="checkbox"/> Clothes and shoes fit for the weather | <input type="checkbox"/> Medications (as well as a list of what you take, why you take them and their dosages) |
| <input type="checkbox"/> Cash in small bills | |
| <input type="checkbox"/> Hygiene Items | <input type="checkbox"/> Supplies for your service animal (see page 12) |
| <input type="checkbox"/> Eyeglass Prescription | |
| <input type="checkbox"/> Communication devices/equipment | <input type="checkbox"/> Important documents in a waterproof container (insurance cards, Medicare/Medicaid cards, photo IDs such as passport or driver's license, proof of address, marriage and birth certificates, copies of credit and ATM cards) |
| <input type="checkbox"/> Favorite personal and/or comfort items | |
| <input type="checkbox"/> Cell phone charger | |
| <input type="checkbox"/> Contact information for your household and members of your support network | |



If time permits, shut off water, electricity, and gas and secure your home before leaving. Inform your support network of your status and location. Make sure you wear appropriate clothing and bring your To Go Kit with you.

4 Make a To Go Kit (continued)

Add your own To Go Kit supplies on the lines below:

5 Gather Supplies to Shelter-in-Place

Gather supplies to Shelter-in-Place for 72 hours (or 3 days) at your home. These supplies should include your To Go Kit items as well as:

- | | |
|---|---|
| <input type="checkbox"/> Water (1 gallon of water per person per day) | <input type="checkbox"/> Aerosol tire repair kits and/or tire inflator to repair flat wheelchair or scooter tires |
| <input type="checkbox"/> Nonperishable food and manual can opener | <input type="checkbox"/> Notepad and pen |
| <input type="checkbox"/> Radio and batteries | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Flashlight and batteries | <input type="checkbox"/> Pair of heavy gloves |
| <input type="checkbox"/> Back-up medical equipment (e.g., oxygen, medication, scooter battery, hearing aids, mobility aids, glasses, facemasks, gloves, spare cane or walker) | <input type="checkbox"/> Whistle or bell |
| | <input type="checkbox"/> Other personal items |



Add your own shelter-in-place supplies on the lines below:



Review your **To Go Kit** and **Shelter-in-Place Emergency Kit** every six months and regularly rotate food, water, batteries and medications.

6

Prepare for Special Considerations

- If you rely on electrical medical equipment, contact your medical supply company for information about back-up power. Learn how to connect and start a back-up power supply for essential medical equipment.
- Ask your utility company if you qualify as a life-sustaining equipment customer, and see if you can sign up for priority power restoration.
- If you rely on oxygen, talk to your oxygen supplier about emergency replacements.
- If you receive treatments such as dialysis or chemotherapy, know your provider's emergency plan.
- Arrange for personal care assistance if in-home care support is unavailable during an event.
- Make a habit of learning exits whenever you are in a new location (e.g., shopping mall, restaurant, movie theater) and gauge if there are alternative exits which are available.

Items for Owners of Service Dogs to Bring to Shelters:

- | | |
|---|--|
| <input type="checkbox"/> Food, medicine, and favorite toy | <input type="checkbox"/> Identification tags |
| <input type="checkbox"/> Plastic bags, disposable gloves, and other items for animal's care | <input type="checkbox"/> Leash, collar, harness, muzzles |
| <input type="checkbox"/> Cage/carrier labeled with contact information | <input type="checkbox"/> Stakes and tie-down |
| <input type="checkbox"/> Veterinary records and proof of ownership | <input type="checkbox"/> No-spill food and water dishes |
| | <input type="checkbox"/> Other _____ |



When Returning Home or Once the Power Goes Back On:

When I return home or once the power goes back on, I will:

- | | |
|---|--|
| <input type="checkbox"/> Check for gas smell (do not enter a home if you smell gas) | <input type="checkbox"/> Watch for mold growth and throw away old food |
| <input type="checkbox"/> Avoid contaminated water – touching and drinking | <input type="checkbox"/> Reach out to others for support (especially if you need help getting groceries, medications and medical supplies) |
| <input type="checkbox"/> Check for structural, plumbing and/or electrical damage | <input type="checkbox"/> Other _____ |

Alternative formats of this document are available upon request.

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